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Wiki Assignment #5

Seminar in Applied Theory and Research 1

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Battista, Ludmila. (May 2010). Childhood Obesity: What Schools Can Do To Make a Difference. In Helping Professions Kaplan University. Retrieved October 23, 2012, from <http://helpingprofessions.kaplan.edu/articles/early_childhood/Childhood_Obesity_>

This article states that the death rate resulting from the effects obesity may even surpass deaths caused by cigarette smoking. The author’s motto is that a little goes a long way. Little changes made to children’s everyday life will have a big impact. For example instead of having parents drive to school they can walk with their children to school promoting physical activity.

The articles states some important things teachers can contribute to the classroom to make it a healthier place. Teachers can introduce a series of physical activity breaks into the classroom. This helps high energy children stay focused, reduces stress, and can be integrated into the curriculum. Encourage students to bring healthy snacks to class, instead of high-fat, high-calorie options. Use physical activities as rewards in the classroom. Promote a culture of health awareness by engaging students in creating posters, songs, games, or contests that promote good nutrition and health.

# Brownstein, Joseph. (2011, December 7). Scientific American Childhood Obesity Best Battled in Schools Research Finds. *Scientific America*. Retrieved October 22, 2012, from <http://www.scientificamerican.com/article.cfm?id=childhood-obesity-best>

# This is a review of an article stating that schools may be the best beginning solution to the big problem of childhood obesity. Australian researchers studied 55 interventions in school based programs and these programs were assisting in getting children at healthy weights. When developing these programs in schools they added lessons on healthy eating, and body image to the curriculum. They increased physical activity along with improving school lunches, making students more active during the day and supporting parents to make similar changes at home would improve children's health.

Burton, L.J., & VanHeest, J.L. (2007). The Importance of Physical Activity in Closing the Achievement Gap. Quest, 59, 212-218.

This article looks at the causes of obesity in Latino and African American students and the effect it has on the academic success of students. It shows that not only is unhealthy eating affecting a child’s physical being but it is also affecting them negatively mentally. The study looked at things such as what kinds of foods the children had access to. The article argues that physical education is a critical part of the solution to closing the achievement gap and that many of these children aren’t getting enough physical activity in a day. They emphasize the fact that minorities who are more at risk for being overweight and are underperforming academically due to eating foods with lots of sugar and then eventually crashing from the sugar high.

Childhood obesity and academic outcome. (2008). *James B. Hunt, Jr. Institute for*

*Educational* *leadership and Policy.*

This study is about childhood obesity and the rise currently in North Carolina. It states that there is a relation between obesity and academic outcome but mostly academic outcome has to do with self-esteem. The research also finds that obesity is related to self-esteem and academic achievement. It even found that children who think they are overweight or have a negative view about their body image do in fact perform lower on test because of lack of self-esteem.

Gavin L. Mary, MD. (October 2012). Overweight and Obesity. In KidsHealth.org. Retrieved October 11, 2012, from [http://kidshealth.org/parent/general/body/overweight\_obesity.html#](http://kidshealth.org/parent/general/body/overweight_obesity.html).

This article is just basic background information about obesity and it pertaining to teens and preteens. It explains what BMI is and the percentages of BMI. Underweight: BMI below the 5th percentile, Normal weight: BMI at the 5th and less than the 85th percentile, Overweight: BMI at the 85th and below 95th percentiles, Obese: BMI at or above 95th percentile.

It also speaks about obesity and the health conditions that come along with it like type 2 diabetes, high blood pressure, and high cholesterol which were all once considered exclusively adult diseases. Obese kids also may be predisposed to to low self-esteem that stems from being teased, bullied, or rejected by peers who may eventually develop unhealthy dieting habits and eating disorders, such as anorexia nervosa and bulimia. Obese children will be more prone to depression, and be more at risk for substance abuse.